

The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

Vibrations



A Monthly Newsletter

Vol. 45, No. 5



70 Opportunity

Awareness follows a peaceful night in the language of the soul.

Patterns of thought are illuminated in its glow.

Capture the images reflected off cave walls.

Before they become shadows of their former life.

..The Taraka Yoga of Kuan Yin by Gael O'Guinn

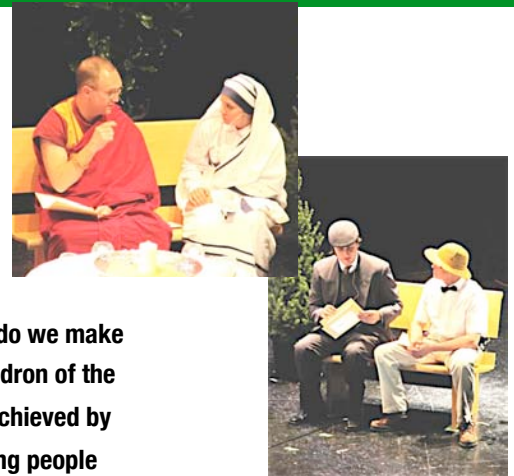


Ushering In Intuitive, Spiritual Man

The INVITATION goes Live in Salt Lake City

by Dr. Sheila Benjamin

From the Proposal submitted to the Council for the Parliament of the World's Religions.....



"In a world where killing is sport, war is entertainment, and betrayal is common, how do we make peace?" **THE INVITATION**, a play in four movements created by Dr. Barbara O'Guinn Condrón of the School of Metaphysics, answers this question. In an effort to illustrate that "peace is achieved by those who fulfill their part of a greater plan", this play allows you to sit with outstanding people who understood profoundly how "world peace begins within ourselves". Albert Schweitzer, Linus Pauling, Martin Luther King Jr., Betty Williams, Mother Theresa, Alva Myrdal, the Dalai Lama, and Shirin Ebadi, recipients of the Nobel Peace Prize over a 60-year span of time, discuss the **Universal Peace Covenant** through the words of their acceptance speeches, engaging the audience to realize that "peace is first a state of mind".

The 90-minute artistic performance begins with an 18-minute movie, **Lives Worth Examining**, produced by original cast members, all SOM teachers and students. The documentary-styled film provides insight into each laureate, their hopes and fears, challenges and triumphs, setting the stage for what is to come. It is as if these people come alive before our eyes. In **THE INVITATION**, genders, races, ages, religions, political affiliations, and passions stand together as citizens of the Earth, providing the living example of peace-filled understanding for the world at large. The play concludes with a call to action as the laureates take the **Universal Peace Covenant** into the audience, offering each one an invitation to live a life worth examining.



"Thank you," were Dr. Barbara Condrón's first words when Brenton Harris, proposal author, told her of CPWR's acceptance of the play. "The INVITATION is of the people, about the people, and for the people. What an honor to bring these "Lives Worth Examining" into the worldwide community here in its melting pot, the United States. What a blessing to invite each human being to live as Intuitive, Spiritual Man!"



COUNCIL FOR A
PARLIAMENT OF THE
WORLD'S RELIGIONS

ACCEPTED

Thursday April 16th, 2015,
Brenton Harris received this email:

Dear Brenton,
My name is Amanda Lower and I am reaching out to you from the Arts Sub Committee for the Council of the Parliament of the World's Religions. Your proposal was very exciting and we would love to have you present your play, The Invitation, as a part of Parliament in Salt Lake City.

The beauty of this is the relationship the School of Metaphysics and the Universal Peace Covenant has with the Parliament of the World's Religions. I would suggest you read last month's Vibration article for this historical overview. Read the thoughts, vision and the ideas of the cast of **THE INVITATION** as they prepare to journey to Salt Lake City in October 2015.

(continue on page 7)

Each time we come together to create the School of Metaphysics *Vibrations* Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, *The Taraka Yoga of Kuan Yin* by Gael O'Guinn, to receive the verse that is designed for each of us individually. The front cover reflects our collective vibration. Here are the numbers we received.

Love and Light from your *Vibrations* Staff.

Dr. Sheila Benjamin - 63 Compass - 'Recognize opportunities for astral travel in any locality. Want to navigate the inner level waters from conscious desire. Bilocation frees the attention from physical boundaries. The soul's compassion is what keeps you alive.'

Kerry Keller - 78 Servant - 'Create your experiences in moderation. Allow the passing of time to work in your favor. In this way, one masters natural laws, through responding to a higher calling that is Heaven's way.'

Michael Dardanes - 44 Morality - 'For those who create, heaven and earth are the playing fields. Stories that must be told seek their kin. Storytellers plot their course mindfully, - respecting the soul's purpose, respecting the Inner Urger, before any theme is chosen.'

Davi Brown - 96 Giving - 'My precious temple, you serve me well. I am radiant in the ten directions. The Teacher knows ideal, purpose, action as One. Surrender all you have been, are, will be, and the blessing is yours.'

Holy scriptures one for each month of the year

May – The Koran The Spoils 15 (Dr. Christine Madar)

O believers, when you encounter the unbelievers marching to battle, turn not your backs to them. Whoso turns his back that day to them, unless withdrawing to fight again or removing to join another host, he is laden with the burden of God's anger, and his refuge is Gehenna—an evil homecoming!

Maplewood

Vision Board Workshop & New Year, New You Workshop

By: Caterina Williams and Nichole Turner

I had the opportunity to organize a Vision Board Workshop with Diana Kenney that was held on March 14th. We had a goal of having 20 participants at the workshop. There were 13 participants plus the three people helping to make the event happen: Diana Kenney, Pat Sullivan, and myself (Caterina Williams). The wonderful thing to see is that if we had had any more participants, we would've needed a bigger venue so it turned out perfectly! We held the workshop at the Unity Church of Light in St. Charles, supporting the new school center in the St. Charles area. About half of the participants were from the Unity Church of Light newsletter and everyone else had heard about the event either through the School of Metaphysics email or through students at the school. I got the opportunity to listen to Diana Kenney guide the participants in centering themselves before getting started on their creative projects. We each also drew a Kuan Yin Blessing to set the tone for ourselves for the day. One participant asked me to help her interpret her Blessing. I gladly did, expressing what I felt was the message. This struck her on an emotional level. I then proceeded to share of what I've gained in understanding my emotions more fully. I am grateful to have had the opportunity to help her in this way. All of the participants grasped the understanding that by taking the time to gather images of what they desire and by placing them on their boards, this puts things into a more direct grasp of reality to manifest their desires. The day was one of joy and enthusiasm to determine what we all desire for ourselves.

On March 15th I, Nichole Turner (Lesson 10), directed the "New Year, New You Workshop" class expansion project with success. Our class is currently studying lesson 10 with Corinne Crabtree as our teacher. The ideal our class set for this project was to offer tools to the community for self-awareness. Our purpose was for expansion, value, and confidence in our school as well as ourselves. We set a goal to raise \$500 and we raised well over our goal - \$691. In Universal Language of Mind the numbers 691 comes to equal the number 7, which represents creative imagery. Each and every one of my classmates pulled together in perfect harmony and brought forth this creative vision as a whole. Participants were excited to share their thoughts on their experiences being at the workshop. We had four 15 minute mini-workshops: Law of Attraction, Meditation, Dreams, and aligning with the Law of Prosperity and Abundance. Here's what was said:

"Everyone did very well! Thank you for providing an opportunity for me to share with my children what I am learning because they pay more attention when it's not coming from 'Mom'."

☑ Heather Swarrington, student.

"Great energy! Was very good and positive. Helped me to open up more to receiving love and to give more. Everyone was friendly and helpful. Lots of Love!"—Shane, friend of student.

"Today was my first time in this workshop. The experience was great and taught a lot about how the universe works. The experience I had was totally enlightening and I am looking forward to learning more. Now, I am ready to go out and practice what I have learned in this workshop." —Unknown

"I experienced our whole class coming together, sharing their strengths, supporting the greatest good. I experienced eager learners choosing an opportunity for growth. I experienced smiles and warmth from those who were strangers just minutes before. I experienced those who found what they were looking for." —Adam Stoker, 1st cycle, co-led the Law of Attraction workshop.

So as you can see the experiences shared, created a good learning and fulfilling experience for everyone in attendance.

We concluded the event with our Kuan Yin blessing:

33 Presence

Understand this: everything here matters.

To understand present space, release your physical sense.

Welcome and embrace the Inner Teacher.

Among experiences, it is the epitome.

We then ended the event perfectly with the Circle of Love, which included 33 people hand in hand. We are grateful for the presence of all who attended because everyone brought and received new learning during this wonderful event.

Palatine Evolution

by Mike Duffy

In the month of March we begin to feel the initial kicks of Spring from the deepest womb of the Mother Earth. March represents a kind of reigniting of the hearts and consciousness of humankind. March signifies time for new growth.

We recently decided to initiate monthly study group of the Superconscious Oracle Intuitive Report. The Superconscious Oracle is a very specific intuitive report that is given for the School of Metaphysics as a whole. The report gauges the ideals held in Mind for the School and in what ways they are being expressed in the physical plane of existence. It presents to the School as an organization the steps to take to attain the next stage of evolution. It states that it is very important for us to acknowledge our physical senses and at the same time use them properly to interpret the energies of the physical creation, "to see the things for what they are and not for what we want them to be." Second Cycle Student, Jim Hegarty, expressed that the last meeting "was a great occurrence being able to meet with fellow students and experience a very majestic group meditation. As we chanted "Rhoam", it felt and sounded like we were in the presence of a thousand angels. As we analyzed the Superconscious Oracle Report it helped reignite that divine spark of gratitude I have for the School of Metaphysics and what it represents."

We are also preparing for the Mind, Body, Spirit Expo. This is one of the largest expos we have been a part of to date. The Mind, Body, Spirit Expo features a hundred and twenty exhibitors, which cover the latest findings in natural health, personal growth, and Metaphysics. It highlights healings, massages, readings, and lectures and is in support of self-exploration, self-empowerment, and self-improvement. The Palatine, Chicago, and Bolingbrook branches of the school are

each involved. First Cycle student at School of Metaphysics Palatine, Tony Bazdor proposed the idea of obtaining a booth at the Expo and gave a substantial donation to the cause. We could not be more excited for the opportunity to represent the School of Metaphysics at this wonderful exposition.

In an effort to expand our aquaponics operation, a fundraiser dinner is being held on March 13. Aquaponics is a food production system that combines conventional agriculture (raising aquatic animals such as snails and fish in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment. For just twenty dollars, the fundraiser includes dinner prepared by teachers and students and a presentation by Brian Kraichley on the topic. The Palatine branch has been experimenting for quite some time with aquaponics, which promotes healthy living and sustainability, in order to bring our knowledge of this subject matter to the College of Metaphysics. We are raising these funds to develop this operation at the College.

As we study the Superconscious Oracle, embark on our journey to one of the largest expos the School has seen, and increase the possibilities of living healthier and more sustainable existences, we look to Spring 2015 with heightened and expanded awareness, forever growing, forever evolving, forever loving.

Blessings to all!



Springfield State of Mind

by Brian Hoover

Lower Expansion Project update: After completing the construction in the basement, the final coats of paint are being applied. Cindy Ussery and Katie Sanderson, students of mine of whom is now studying lesson 5A, have been excited about the remodeling and expansion of the school in all facilities. Among many goals we have met together this month, we have cleaned and organized the basement and are now ready to receive after the outgoing expansion. What a fantastic group of women sweeping up the school in their motivation.

Upper Expansion Project update: The attic is the second phase of the expansion project. The attic is now fully dry-walled. This month we had Larry and Debbie Hudson, Walter Hryjac, Charlotte Crabaugh, and Dr. Daniel Condon at the Springfield branch. We are ever grateful for the help and support throughout this project. We also had Samuel Quinn and John Matthews, two of our beloved students, serving on several occasions.

SIR: As we discussed in last month's Vibes, I attended the Healers Portrait – a full description of my

intense, profound experience as an apprentice can be found in this month's vibes, check it out! As for my healing quality, it's referred to as "Dialogue." Please ask me about it the next time you see me. I would love to expand on the description and experience. Last Thursday I received the chance to do this with everyone in my school, I presented my Healer's Portrait at SIR. A very healing experience, as everyone openly shared their own personal experience with my healing quality.

Lucid Dreams event: Dreams have always been a huge attractor field. If you desire new members from the community to come to your school and attend an event, make the topic on dreams and dream related topics. In combination with this attractive topic, we have teamed up with a local "Meetup" group. They are very active and meet up several times a week to discuss many expanded metaphysical topics. We are also using meetup.com to post all our events and have had really good luck attracting large numbers from the community to attend our events through these methods. Photo is from our last dream event, which is not unusual to have 20 people.

Urbana Reaching Out

by Scott Hilburn

The Tuesday night class Kelsey, Teddy, and Jesse created their first class project fundraiser. It was on March 14th and called "Einstein's Birthday & Pi Day Party!" March 14th is Einstein's Birthday and also the official day of Pi 3.14. So the students decided to harmonize with the holiday and create a fun event. They had a potluck with an abundance of food, and many donated items and gift cards for a raffle. They bought dollar tickets and then placed as many tickets into a cup for the drawing of that item. They brought their instruments and had a live music show to entertain the guests. Teddy and Kelsey are both very talented musicians and really shined while playing. Then we wrapped up the evening with a live auction and Pi(e) Auction. They auctioned off the higher price items, and homemade Pies for Pi Day. They raised 284.05. They had a blast that day and really pulled together to create the event. They are already thinking of how they want to have a larger fundraiser in the summer.

Courtland and I are meeting once a week for 2 hours for Karma Yoga. We are learning a lot about consistency and the "Grand Ultimate Principal", which as I understand is from the Chinese Culture, which means taking little steps to achieve your big goals, "A little each day". We started in the kitchen, deep cleaning, cleaning cabinets, and worked our way towards the bathrooms. We are going to keep working our way through the entire school little by little keeping with the ideal of keeping the school sparkly clean.

Dr. Pam set up a booth at a Women's Spa Day on campus at U of I. She was at a table next to people giving hand massages, so Dr. Pam was interpreting their dreams while they were getting the massages. Dr. Pam also gave a workshop called "Claiming your Wisdom: The Art of Saging." It is the beginning of more of her work with the elders of our world to claim and share the wisdom that is theirs.

I gave a lecture on dreams at the Spiritualist Church in LeRoy, a small town about 45 minutes from Urbana. The audience was the most engaging group of people I have ever lectured to. There was about 30 people who attended. I gave a 45 minute presentation on dreams, then had 1 hour for questions and dream interpretation. They were non-stop with their questions, every time I was ready for another question or

dream to interpret there was about 3-5 hands in the air simultaneously. After I wrapped up the Lyceum so everyone could get ready to go to the Church service, people rushed me with questions and I had people waiting to discuss their dreams with me. Hezekiah went with me to assist and also interpreted many dreams and talked about the school. We had a blast and many people are interested in the school and are aware of the National Dream Hotline®. •



Chicago

Receiving Connection Through Giving

by Angela Appleby and Emily Knox

We are fulfilling the School's activity of teaching teachers! A new class began February 11th, with Emily Knox (L24a) as the teacher. The school drew three new students who are ready to grow and continue on their path of spiritual development. Emily is glad to be teaching and loves to give, she has become more fulfilled through the teachings from the school and wants to give others the same opportunity to learn and love. For 2nd registration, we are imaging six committed students who are open to change!

Mirka Majernikova (L34) led SIR meeting on January 25th where we listened to and discussed intuitive reports that were received from students during Spiritual Focus Sessions. We listened to Mirka's Healer's Portait, Randy Ristow's (L34) Creative Mind report, and Manu Khalikov's (L24a) Transference of Energy report. From these reports, we went deeper with our own understandings, knowing that we are all aspects of each other we recognize our potential for growth. These reports introduced more information on the different reports that are offered by the school. We are abundant in resources to grow! We will have our next meeting on February 15th, where Mirka will lead us into deeper understanding with the Health Analysis. The school is grateful to have Mirka discuss health and healing because it is truly her passion and she enjoys giving to people in this way.

The School of Metaphysics values connectedness and awareness, and on the weekend of February 28th, we will be joining with the Palatine and the Bolingbrook branches to share our school with the public at the Body Mind Spirit Expo! Brian Kraichely is the directing intelligence of this event; he is a wonderful teacher and is giving people the opportunity to learn more about connecting to the public and spreading the awareness of what the school has to offer. Brian is a great example of connectedness and we are blessed to have him leading us.

At the booth, we will interpret dreams which gives students the opportunity to assimilate what they are learning from the school by expressing what they know, allowing them to Self-respect.

Speaking of sharing what we know! Angela Appleby (L35) will be giving her first lecture to the public on March 6th. It is about dreams; this lecture will be titled, "Every Dream is About the Dreamer." This experience will allow her to build confidence in her Self, her ability to teach, and to learn more about dreams and dream interpretation. She will shine her light and love, and through her experience she will bring awareness to others about connecting to the Real Self through dreams and dream interpretation. As we have learned, when we connect deeper with ourselves, we connect on a deeper level with others which invites wholeness and peace within and without. •

Bolingbrook

Activity toward Community Growth

by Lourdes Perez & Teri Karl

This beautiful time brings sunshine, spring, and more chances for growth. We celebrate with so many different activities, including two new classes in one month!

Our Bibliophile, Sandy Buch started a new Book Club format by reading a chapter from The Power of Now by Eckart Tolle about being in the present moment, reinforcing what we learn in metaphysics class.

We continue to connect with the community through our fundraisers, Dream Catchers, and our Sunday evening Spiritual Gatherings. We are expanding our awareness of ourselves by including more aspects of ourselves!

Golbahar Dadyan's class: April Kelow, Teri Karl, Jorge Candelaria, Christine Dillingham, and Sherwin Rosenfeldt presented *Power Within: 10 Essential Life Skills* at the Fountaindale Library in Bolingbrook, followed by a brief dream discussion and dream share.

Also, Dream Catchers has become mobile! In an effort to connect with local businesses, the school has begun hosting Dream Catchers at rotating locations. They began with a Meetup at the Cupcakeologist in Bolingbrook -- a really sweet dream experience!

We launched Dream Awareness in March. Sandy Buch has continued the dream theme by showing and leading a discussion about the movie *Inception*, and Teri Karl is bringing parts of the Dream Short Course into our weekly Spiritual Gatherings.

We are learning more and more about who we are and what we can do by having a wonderful, *dreamy* time! •



Tulsa

A Lesson for Growth

by Jillian Bergman-Martin

There is a movement, a shift into leadership that is noticeable at our branch. Seeing individuals step into their areas of focus shows growth on all levels, with our existing leadership and upcoming leaders. Our Director, Emily Ashley, has been working diligently with ushering newer students into Laboratory Positions and teaching them about their areas of responsibility. "Having an area to serve is an integral part of our study," Emily says. "And I find personal joy in being able to pair up students with the different labs and then sparking their own creativity to come forth. This is very enriching and fulfilling and helps everyone to expand."

To touch on the exciting areas of growth in our school: Sean Lomard began teaching the Mastery of Consciousness course and has moved fully into a teacher's position; Dillon Tucker began a 4 week book reading group with the book "Intuitive Dreaming"; and Alana Young has stepped into a position of leadership co-leading the Dream Awareness Weekend events. The truth that rinds present throughout all of this is, "Commitment begins within the self." If we commit to Truly focusing on the expansion within and fully draw out o others their own potential we create a community of growth. I have personally experienced this as I've observed my own teacher, Christine Spretnjak, draw out more of my own individual potential. The image of who I am becoming, as it relates to my own individual purpose, gets more and more clear. I am noticing my ability to guide my students strengthens through the process. Growth comes from each individual lesson, experience, lab position and dream. The opportunity to give is the same opportunity to receive truth. I am seeing that legacy occurs and abundance flows.

A beautiful story came to me from one of Emily's new students, Denise Harvey, as she described her experience receiving a new lesson. "I love lesson 3 because I never realized we have will," she says. "And we can change or negative thoughts! It was an epiphany for me that I can let go of my negative thoughts and change them into positive ones. Having a glow is available to me by changing my mind." She went on to describe how life

changing the lesson was, "a lot of us get lost and font realize we can change our mind through will". This reminded me of the power in each individual lesson. In life as we continue to grow it is each individual lesson that paves the way toward understanding, full awareness and the wholeness we are striving for. Thank you. •

Columbia

Foundations and Support

by Brenton Harris

I once heard that 99% of creation occurs before I see the outward result. What keeps it moving is faith. In Columbia our team of leaders is maturing and we even received first cycle student Kate from Maplewood! Danny and Kavi continue to grow all of the sudden, the foundation for Columbia has been poured. Our West area is growing as well, and Columbia will graciously receive the support of sister schools in Kansas City and Des Moines as we receive the community through National Dream Hotline®!

As we spread the awareness of both dreams and SOM throughout the COMO area, we also assembled "Press Kits" to take to the media:

- Standard pocket folder with an intro letter on the front
- Brochures in the left pocket and PSA/poster in the right
- SOM dream journal and sleep mask inside
- Coffee mug with "Sweet Dreams" tea and chocolate!

We've dropped these off at various TV, radio, and news stations across the city as a way to capture people's attention. So far one radio show has come from it, with more on the way!

A yard sale and a new coat of paint (inside and out) await us as we move into the warmer months. From that point, we'll get ready for Dr. Damian's seminar. Growth is on the horizon! •



THE DEPTHS OF DREAMS

JUNE 5 - 9, 2015
ASDREAMS.ORG/2015

32nd Annual Dream Conference
 Virginia Beach Resort Hotel and Conference Center
 Virginia Beach, Virginia

**Hezekiah Condron**

My ideal is to network and build relationships with people from different walks of life, as well as improve my own knowledge base about the beliefs and values of different individuals. I will accomplish this by directing The INVITATION performance and by supporting others from SOM.

**Brian Kraichely**

My ideal is to aid any individual, willing to put forth the effort, to become a whole functioning Self not dependent on any person, place or thing for peace, contentment and security. I am going to the Parliament of the World's Religions as a representative of the School of Metaphysics and as an ambassador of peace in The Invitation. Both of these are great opportunities for me to aid others to learn, grow and become more whole.

Walter Hrycaj

My ideal and vision is to bring a presence of truth and compassion to the Parliament of the World's Religions and allowing the images of the Dalai Lama's words to ripple among the people, to resonate and connect in ways to aid people to imagine the vision of interconnectedness and how peace can prevail on Earth.

Sydney Kasner

Gratitude fills my entire being when I rest my attention on The Invitation. I am extremely honored to be a part of this beautiful masterpiece and to share the experience with my best friends, teachers, and now with Humanity. My vision for the Parliament is to bring the consciousness of Alva, and all the other laureates, to fill the room with the Light of who they are and to aid the people present to grow in their individual Light. This is how I see 'May Peace Prevail on Earth'. I vision how this will bring the awareness of the School of Metaphysics to the World. Planting the seeds for Intuitive, Spiritual man in every person I get the opportunity to meet and that has the privilege to be a part of The Invitation.

Emily Ashley

My ideal is to manifest and experience alignment within my own being. I see the wisdom within myself coming forth and allowing space for healing to occur. My healing presence is graciousness and is activated by singular attention. I want to allow my healing influence to shine during my time at parliament and allow for the message of Mother Teresa to come forth. I look forward to learning and experiencing with people from all different cultures and religious background. I think there is magic in us all coming together to discuss spiritual matters. I know this experience will elevate my consciousness and allow in more light.

**Golbahar Dadyan**

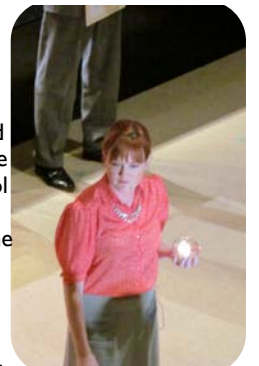
From a young age I have had a strong desire to aid many people in many ways. The world is something I hold in my mind often. The opportunity to be part of the cast by portraying Shirin in The INVITATION at the Parliament of the World's Religions is a dream come true. I believe that this is going to set a ripple into the field of consciousness that will awaken many people to the reality of Peace is achieved by those who fulfill their part of a greater plan. I am grateful and honored to be able to serve the world in this powerful and high minded way.

Brenton Harris

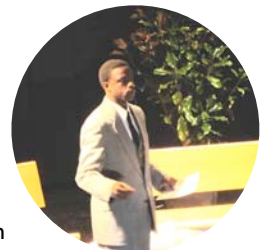
The Invitation has moved me completely. In the few years I've been privileged to portray Linus I've watched people receive the power of love, compassion, mindfulness, and connectedness through the experience. I'm honored for the opportunity to bring this consciousness to people all over the world.

**Leah Morris**

When I learned that our proposal had been accepted, I had a profound sense of honor and gratitude for the opportunity to represent the School of Metaphysics. I am very much looking forward to bringing forth the Real Self in the name of Peace at Parliament. Representing Betty Williams, the role of a lifetime, that has helped me to stretch my consciousness in incredible ways, it is my ideal to be a humble servant of God.

**Terrence LaMont Bellows**

I see us giving within the breathe of God. This opportunity is in direct alignment with my vision for my life. I am so honored and grateful for every single step and person who have had anything that they so graciously added to this lofty and historic occasion.



The 27th Annual National Dream Hotline®

by Aneta Baranek, Natl. Dream Coordinator



Benjamin Franklin said: "Tell me, and I forget. Teach me and I remember. Involve me and I learn." I appreciate this quote so much! I appreciate it

because it reflects so closely what we stand for at the School of Metaphysics. What we bring to the planet is means for all to better themselves, to understand themselves and others on a deeper level. Education like none other! We are not only about sharing information, we are about involving others so that they can learn and evolve.



As this issue of Vibrations reaches you, the 27th Hotline is happening NOW! We, as the School of Metaphysics, are fully involved in dreams and dream interpretation. We have been preparing for it for months. The February 3rd Weekend was dedicated to teaching all the Dream Awareness Coordinators and Directors various skills and highlighting different areas of consideration for organizing the NDH® in a local School branch. During the National Teachers' Meeting in April we had an opportunity to experience a full vision of the Hotline by devoting the entire Saturday to a practical "as-if" experience. Calls received were from our certified Dream Coaches representing their vast experience with the public during previous Hotlines and the field of the 27th National Dream Hotline® was fully activated! Everyone got a chance to practice and experience first hand all the aspects of the Hotline.

Throughout March and April multiple branches have done very well setting up media coverage for the Hotline® utilizing the media matrix to setup opportunities to connect with as many dreamers as possible during the Hotline Weekend. (See Leah Morris' related article)

Why is the National Dream Hotline® so important? It is important because it allows us to reach the masses educating them on the one third of their lives spent sleeping. It is important because it allows us to educate others and point them in the right direction – *inwards*. It is important because it allows us to realize the true nature of reality, which is **connectedness**. With each interpreted dream there lies an opportunity of inner transformation, there lies an opportunity for removing someone's burden, there lies an opportunity for uplifting one's Spirit.

This year, as we ask people from the public to **"Hear the Call, Make the Call"** we need to do the same and more! As Dr. Barbara Condron guided us during the National Teachers' Meeting we must **RECEIVE the call**. Receive the call to service as a whole, and also to receive every single call from every single dreamer. We are creating the space for people to be, to share. A 3-minute conversation may change someone's entire outlook on life.

I had a first hand experience like this not so long ago. *Some months back I had an Afghanistan war veteran in one of the classes I was teaching. He came to class only a couple of times. During that short period of time he shared a reoccurring nightmare with me. In the dream he was*



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sitting in a chair heavily bleeding with a gun next to him.

This dream haunted him for years as he was afraid of his own death as well as killing someone else. Once I interpreted the dream for him in the Universal Language of Mind he transformed in that moment. Finding out that the dream was not foretelling his future, but rather giving him direction for finding purpose in his life so that he could utilize his life energy and move forward at his own will rather than forcefully allowing him to find relief.

I ran into him a couple of weeks back in a coffee shop. He yet again thanked me for that single dream interpretation. He told me how before he came to class he spent hours in therapy and no one was able to help him with that nightmare...This is just one example.

Collectively we can create a legacy of examples where dreams interpreted feed the souls of the dreamers.



We must answer the call to service through dream education. We must dedicate ourselves to connecting with as many as possible during the National Dream Hotline® of 2015 and help them “Hear the Call” and “Make the Call”.

So let us “hear the call” and **ACT** so that we can shift the consciousness of this planet by educating the masses one dream at a time. •

the mindful word

HOW TO INTERPRET DREAMS: 7 keys to gain guidance from your inner self

Someone is chasing me!

I cannot recognize who it is, but I am scared...I am so scared...

Thankfully, I wake up...

A nightmare such as this is a common occurrence. What if a nightmare, or any [dream](#) for that matter, was more than just a random creation of our imagination? What if the one third of the time that we spend sleeping actually had a profound relation to the rest of our waking existence?

I remember interpreting a similar nightmare-like dream to a lady whom I met at a library lecture that I was giving on dreams. She was so relieved to learn that the nightmare was not foretelling a scary event; but rather, the dream was advising her that there's something she was not learning about herself and that instead of running away from the learning she could face it. [Nightly dreams](#) are a well of information about our waking lives; they can serve as our internal guidance system allowing us to become more awake during our daily lives.

The dream interpretation theory that I have personal experience with employs the Universal Language of Mind®. This theory was developed by [the School of Metaphysics](#) and it proposes that our mind communicates in images also referred to as symbols. Each symbol has a universal meaning. For example, eyes symbolize perception, a house the state of our mind. Universal Language of Mind® suggests that every nighttime dream we have is a message from our Inner Self. [Carl Jung](#) thought so as well.

read the article by Aneta online at

<http://www.themindfulword.org/2015/how-interpret-dreams/>

The action that fulfills the Ideal & Purpose of the School of Metaphysics is described in two words, *teaching teachers*. Teaching a teacher honors the best a student of Life can offer. It is living the essence conveyed in the thought "I salute the Divinity within you."

As I greeted those who comprised the National Teachers Conference April 3 to 5, I asked the teachers a simple question:

What do you love about teaching?

Our answers reflect the New Maitreya.

"I love watching people change."

"I really like it when people have a new idea, a new thought. When a light turns on in someone's head."

"Accelerated growth."

"I love expanding my world to include more people."

"That I have a place to give what I have learned."

"Freedom."

"The chance to help someone to turn his life around."

"I love making a difference in someone else's life."

"Divine friendship."

Then I heard another answer. This was a new answer, one I had not heard before. One that encompassed all the other answers in a single word.

When I asked Jorge Candelaria, "What do you love about teaching?", he said, "It makes me empty."

We stood there, our eyes resting in that timeless space where consciousness breathes. My smile rose from my heart to my lips, as I nodded in acknowledgement of the simple brilliance of his thought.

"I feel empty, so then I can learn more."

The experience of emptiness was palpable between us. We both felt it. Jorge knew what he was talking about, and so did I. In that moment, our minds rested in the Truth that what we call teaching is the opportunity and fulfillment to give completely – to become empty.

I often hear people talk about receiving. Students say, "I need to practice receptivity." Or "I want to receive more students." Or "We will receive 50 students when....."

Perhaps when we reflect upon the motion that is giving and receiving, our ideas can reconfigure into a new awareness. Some people say it is better to give than to receive. Having heard this throughout my

life, I've thought about this idea quite consciously. At this point, I think the sentiment has endured because giving is initiatory. It sets something into motion. So perhaps it is more accurate to say, giving initiates so receiving can manifest.

Giving empties.

Receiving fulfills.

They are two sides of the same coin, equal in value, unique in expression.

Empty. What an amazing purpose for teaching teachers how to live our bliss!•

Year of the Holy Spirit



The New Maitreya

The Individual in a Group

by Dr. Barbara O'Guinn Condron





THE DIRECTOR'S PAGE

who we are and how we're elevating consciousness for the common good

Kansas City SOM Director Leah Morris initiated the media frenzy for this year's NATIONAL DREAM HOTLINE® when she appeared on Channel 41. In her own words, here's how it happened.

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On St. Patrick's Day, I was eating breakfast at about 9AM when a news anchor walked into the restaurant. I saw her interviewing people at their tables while the live band was playing. The place was hopping with green. After making eye contact and smiling at her twice, I pulled out my business card with the intention of talking to her about a dream interpretation segment at the end of April.

Before I could do so, she walked right up to me and asked me if I would like to play some St. Patty's day trivia. I was in the Right place at the Right time. Within a day, she agreed to come to the school branch to cover the National Dream Hotline®. The story will air on channel 41 Friday, April 24th at 4:00PM.

A few weeks later, a student named Mike Pearce started in my Wednesday night class. Mike owns an award winning BBQ restaurant right here in KC. He has won multiple contests and has been interviewed on Kansas City Live, a show that is produced by the same channel, 41. I reached out to the producer for the show last week, but hadn't heard anything back. Monday morning, I received a phone call from the producer asking us to come do a dream segment the very next morning. I believe that this manifested because of the National Dream Hotline® that we did during teachers' meeting. What a great visualization exercise!

We had a blast at Channel 41. We laughed and laughed. I met a local rapper named Tech n9ne who recently has collaborated with Eminem on his newest album. He was on the show and told me that many of his lyrics came

from his dreams and that he had a near death experience 10 years ago that changed his life. I gave *Understanding Dreams* books to the anchors after the segment. To close the show, they sat on the couch together and read a line from the book and continued to laugh. The producer and both anchors asked us multiple times to come back and do more segments.

They are excited to cover the astrology book tour (Joel is Cancer and Michelle is Gemini)! Codie Lea (studying lesson 12) and I stayed afterward and talked with the hosts who say that they often dream about each other.

It was wonderful to feel so connected to everyone in the station. Our minds are so aligned that Michelle and I even wore almost the exact same outfit!

We have made many connections with people in the community who have relationships with local media. Caleb Schroeder, a local woodworking genius, recently did an interview with Channel 5, and Nima Taylor, the leader for the Buddhist temple at Unity church was recently on Channel 4. We are now using the Kansas City Live interview to approach those channels and asking Caleb and Nima to connect us to the right people. What I am learning that is most valuable is about honoring connections and following lines of relativity. The clues are out there for those who have the eyes to see. •



The Keys of Life that are the Universal Life Lessons

by Dr. Daniel Condron

These ten Disciplines of the mind and Self hold the keys to life, everlasting life. I have observed that all students that go through the First Cycle of lessons in the School of Metaphysics seem to become healthy. I have observed that those same students who then attend the College of Metaphysics for a year or more get even healthier. These principles and exercises when practiced under the supervision of a trained and educated instructor and with a class of classmates-students work wonders in each student - mentally, emotionally, physically, and spiritually.

These exercises and their order and practice follows the natural order of growth in physical life. I will endeavor to explain this process to you, the reader.

1. Perception

Prior to being born in a physical body the soul observes-perceives the upcoming birth from Universal Subconscious Mind. The choice has been made by the soul to incarn into this baby's body, this family, this state and country, as well as time period and choice of male or female body.

Upon birth, the soul inhabiting the physical baby body now begins to perceive through the five senses. The infant can only discern light and has not yet learned to focus on form.

In the same way when students enter the classes at the School of Metaphysics they are instructed concerning the mirror exercise. The purpose of the mirror exercise is to increase and deepen the student's perception.

Purpose is personal benefit. As students practice the mirror exercise, they deepen perception. Many report seeing the many faces of their past lives, others perceive their own thought forms, others still perceive their own aura-energy field. These experiences are possible because the mirror exercise stimulates the third eye-pituitary gland as well as offering the beginning of understanding the nature of attention. Heightened perception is of great benefit to each person.



Fourth Cycle Class: A Leader is a Server

Christine Spretnjak

Crossing the threshold from the subconscious mind to the superconscious mind — and existing in the superconscious mind — is the focus of the 4th cycle. I just recently learned a new word that applies to my experience. The word is “liminal.” Liminal comes from the Latin word *limens*, meaning “threshold.” It is described (inaliminalspace.com) as when “you have left the tried and true, but have not yet been able to replace it with anything else. It is when you are finally out of the way. It’s when you are between the old comfort zone and any possible new answer.” It seems to me that I am constantly and continuously in the “liminal space” as I continue to understand and learn about the qualities of the superconscious mind through the exercises, experiences and reading assignments for which I’m wholly grateful.



During our March third weekend classes, we focused a lot on the qualities of the superconscious mind, illustrations and inspirations that support it. This came through the discussion of our exercises which include elemental structures, reading the Upanishads in class as well as a workshop on prayer given by Dr. Laurel Clark.

It is apparent how all of these exercises aid in supporting the one. We’re learning about the qualities of the true, divine Self. We’re learning to transcend the old comfort zone, and move into territories that are liberating. The Upanishads say, “The Self, who can be realized by the pure in heart, who is life, light, truth, space, who gives rise to all works, all desires, all odors, all tastes, who is beyond words, who is joy abiding — this is the Self dwelling in my heart.” Every time we step across the threshold, our hearts become purer, and we learn more about what it means to serve God and Humanity, which Dr. Laurel reminded us is what the 4th cycle students are practicing.

Here’s what my classmates have to say about their experiences in class and in their lives as we cross the threshold:

Jonathan Duerbeck

I am reminding myself to accept myself and accept the present moment. The non-acceptance is very subtle and gradual and easy to miss. I am recognizing a false belief that sometimes traps me in non-acceptance. “Growth and progression and doing my duty are more important than having a positive state of mind. I can focus on being happy once I’ve learned my lessons.” It is obviously not whole when I write it, but when it is quiet and constant in the back of my mind I don’t always notice it. I believe that our affirmations from Dr. Daniel help with recognizing this. Ironically, first I have gone through a stage where I feel critical of myself for not having stilled my mind when I say these affirmations and then I’m actually not still at all! Then I would get critical of myself for being critical of myself, etc. and still there was this basic background state of non-acceptance. When I vigilantly maintain the acceptance, I am much more present with much more clarity and I am better able to interact with people. I am glad to be writing my dissertation about nature, because being in nature

helps me stay in acceptance, where I have complete permission to be where I am. I am realizing that when I reach deeper acceptance, everything and everyone is special and sacred and all is as it should be in the now. This perspective was part of the euphoric state I reached temporarily long ago that spurred me to study this stuff in the first place.

Tad Messenger

I am learning to surrender to "The Plan". This is my Real Self that I am getting a glimpse of and receiving the wisdom from. The inclusion of learning about the Mayan Calendar from Dr. Christine has been a huge influence on my consciousness. Dr. Laurel presented Prayer this month and that stimulated me to gain a closer appreciation of my relationship with God. Each thing we study seems to bring me to a more prolonged awareness of the core of my being. My being becomes more at peace, secure, and content. It sounds like a whole-functioning-Self.

Karen Mosby

I find talking about how I pray to be difficult because it is so personal, so I really appreciated Dr. Laurel Clark's talk on prayer. The lessons teach us that through the practice of concentrating on an object we can become one with that object. The developed form of prayer then becomes meditative. When we meditate we focus our attention on the Creator for the purpose of becoming one with Him. Dr. Laurel gave a beautiful example of the deeper application of prayer or prayerfulness as having our mind so filled with the Creator that the Creator is always with us in everything we do. So being one with the Creator is a continuous connection with God.

In the fourth cycle of lessons we are learning about Being. Superconscious mind is about Being. Being like the Creator. Prayer then can align us with the perspective of God. I have always desired to become a clear channel for the light and spirit of the Creator to shine forth. All the exercises in concentration, meditation now will aid me to move closer to my ideal to know God in every thought, creation, every breath that I take.

Jesse Kern

I received that the Arch Angel exercise is in the spirit of the Sufis and their whirling dervish tradition. So I have modified how I conduct that exercise and I have already been experiencing that point where I could leave my body, but don't.

The beauty of the Upanishads is soothing. This month, I received the adequacy and the proper place that each organ and portion of the physical body holds in its relationship to consciousness. The phrase, "The Lord of Love," always reminds me that Love is who we are and what we are here to be as often as possible.

I am grateful to move forward with writing my dissertation interpreting the Book of John. I finished another chapter this weekend while at the COM.

All is Well and everything is always working out for me.

Diana Kenney

Dr. Daniel introduced the I Ching last month. What a beautiful book and practice. It is a study of yin and yang energy and timing and placement and probably much more than what I am presently absorbing. What I do know is that it adds a dimension and depth to my day that is much needed. I look forward to beginning the study of the Gnostic Bible this month with Dr. Barbara. •^a

Blood Moon Teachers Meeting

by Michael Dardanes, Davi Brown, Kerry Keller

April 4th - 6th, 2015



"This teachers meeting will be different than any you have previously attended," said Dr. Damian Nordmann, President of the School of Metaphysics, in front of over 60² teachers from across the Midwest. This was at dinner on Friday night. An expectation was held throughout the rest of the day for the difference to be shown, and it was, late Friday evening. The teachers meeting began with an auspicious request that the teachers meet at one o'clock on Friday afternoon rather than at the usual dinner time of five Friday evening. We were told a secret, an inner secret, would be revealed to us if we came. Dr. Damian was to present his workshop that he would be bringing to all the schools later this year for his new book The Inner Secrets of Astrology (Make sure you ask your director about this!). Many of us came early to learn about Astrology, how it relates to the study of consciousness, and how it can help us become better teachers. The workshop, entitled "Your 12 Sacred Relationships", helped teachers understand

Astrology to a greater degree and helped them to go deeper with their own tendencies, strengths, challenges, karma, and dharma. We were placed into groups according to our sun sign element. (If you don't know what your element is, ask your teacher. They know!) Dr. Damian assigned each group the task of defining the three most outstanding qualities of our elements. He then asked us to define our greatest strength and challenge. The groups varied from teachers who were also astrologers to teachers who only knew what their sun sign was. This allowed for there to be a wide array of conversation on the topic. Each group presented their resolutions and was then asked to form groups according to our mode. Each sign has a mode of either cardinal, fixed, or mutable. We were assigned the same task of finding qualities, strengths, and challenges and saw the differences and similarities between the findings of our original groups and those of our new groups. Dr. Damian then asked us to form one more group determined by our sun sign. The same assignment was given with different results yet again. Teachers were excited to receive this knowledge and now had more information to bring back to their school branches and help their students. A sneak peek was given of Dr. Damian's new book and he read dharmic and karmic excerpts about each sun sign. The Inner Secrets of Astrology not only uses direct experience and astrological information to educate the reader, it also provides intuitive report research woven throughout the entire book. This is highly unique as it has never been done before. Be on the lookout for The Inner Secrets of Astrology by Damian Blair Nordmann in the beginning of May!

After dinner, Dr. Laurel Clark, presented "The Complete Law". For those of you who do not know the Complete Law, it states, "Seek ye first the Kingdom of Heaven and all else shall be given unto you." The presentation guided teachers to see the Complete Law expressing in our school branches, at our headquarters, in our community, and in our President, Dr. Damian. The School of Metaphysics has not had a traveling president in a long time. Dr. Damian will be a traveling president and Dr. Laurel emphasized the effects this will have on all of the school branches and the students in them. The benefits of having someone who has graduated the course of study, continued to teach students, is traveling to every school branch and has now taken the responsibility of leading the organization is going to expand our awareness



and help us to aid humanity in our ideal, purpose, and activity. Dr. Damian was then asked to present.

“Are you ready for the surprise?” said Dr. Damian, looking out into the group of teachers expectantly. “We will be doing a National Dream Hotline® this weekend.” Silence. We all let out an outbreath and smiled at each other. “The Hotline will be from 6 AM tomorrow to 6 PM. You will split up into two groups and will setup your school branches tonight. There will be people calling you first thing in the morning.” The group of teachers numbered off and split into two groups. We were all excited and ready to bring our best to the event. We were assigned the task of choosing an area director, director, teachers, dream awareness coordinator, media coordinator, a dream coach, and students. This was a National Dream Hotline®!

The School of Metaphysics branch in Sydney, Australia voted Brenton Harris as their area director, Scott Hilburn as their director, Leah Morris as their dream coach, and Cassie Ambuehl, Kera Everett, and ??? as their teachers. The School of Metaphysics in Santa Barbara, California voted Kim Knapp as their area director, Jillian Bergman-Martin as their director, Emily Ashley as their dream coach, and Anna Steely and Davi Brown as their teachers. The groups went over their Ideal, purpose, and activity for the hotline and signed up for time slots to commit to being available to interpret dreams for people



calling the hotline. The two branches decorated their schools in the main room at the College of Metaphysics. Teachers stayed late to form their ideal school branch National Dream Hotline® answering stations!

When morning came, the teachers were greeted with phone calls from people around the world (area directors, doctors, and others at the College of Metaphysics) and began interpreting dreams. The area directors, directors, teachers, and dream coordinators collaborated to have groups make flyers and flyer around their cities. They setup media spots so television

personnel (Hezekiah Condon, Alexandra Madar, Dr. Laurel, and Dr. Barbara Condon) could interview the area directors and directors at the school in the middle of the hotline. Many times the phone would stop ringing and the media coordinators would need to call to try and setup media spots. Let me tell you, these were not easy to setup! Dr. Laurel did a great job acting like a real reporter at

any news station in any city. We learned the need for persistence in contacting the media. Our ability to use willpower and imagination would determine if we achieved our goal. Also, press releases were sent to the media to attract reporters, DJs, and journalists to our school branches so more people could hear about the hotline and we could interpret more dreams! The phone was ringing a lot and both school branches created a tally board for every dream interpreted with every city that called in. They also had stations setup with a person to answer the phone, the dream coach right next to them giving advice, another student writing a thank you letter, and another placing them in envelopes and sealing letters.



I know at this point in the article, the reader may be thinking, “Wow, that’s a lot going on there! Well, when did they eat?” Not only did we eat, but we also had other lectures that were given by Dr. Barbara Condon, Brian Kraichely, Dr. Sheila Benjamin, and Larry Hudson. I want you to place your attention on your school branches and visualize next weekend. There will be events taking place outside of the school: media spots, lectures, workshops, 10 powers of dreaming, etc. We were given first-hand experience into what the weekend will be like and how we as teachers can expand our

awareness, visualize the weekend, and aid our students to have a successful and fun weekend. The lectures inspired us to think more expansively in teaching our students and in upholding the seed idea of National Dream Hotline® Dr. Barbara spoke to us about.

Brian Kraichely gave a presentation entitled “Building your Spiritual Portfolio???” He used the analogy of a stock portfolio and how people invest in certain stocks and real estate and compared it to our investment in spiritual exercises, service, teaching, intuitive reports, among many other “commodities”. He shared some of his own experiences with investing in his soul growth and spiritual development and his experiences in aiding others to do the same. “My dharma is described as fulfillment,” said Brian. “It’s in aiding others to fulfilling their own desires and teaching them that I experience fulfillment.” Brian then asked for others to share how they have invested in their own spiritual portfolios. Many teachers shared their experiences with choosing soul growth and the benefits it has reaped for them.

The mock National Dream Hotline® wrapped up at 6:00 PM and teachers were still answering calls well past the hour! Dr. Paul Madar and a team of teachers enacted a humorous skit on a serious subject, the placement of the R after National Dream Hotline®. It is patented, meaning that no other person or organization can use the name or have a National Dream Hotline®. After dinner, the area directors, directors, dream coaches, and others from the hotline event shared their experiences and what they learned from it.

Sunday morning came and Dr. Daniel Condron presented his teachings on Chapter One of the Bhagavad Gita. He explained in this story there is a battle within a divided family of generations. This war represents the war that occurs within the Self between the disciplined and the undisciplined aspects of self. He further explained that undisciplined minds are blind to perception and habits don’t die easily. The mind triangle shows us the illusion of our senses must be disciplined for spiritual growth to occur and for us to perceive and sense connectedness instead of separation. This illusion of separation is illustrated by the 144,000 aspects of ourselves that we are experiencing and gaining knowledge of. These physical aspects are not really who we are. By drawing these to us in our learning, we mould them into one. Practicing discipline of the mind is the only permanent way to eliminate the illusion of separation. He pointed out that it is our attachments to things or circumstances that cause our suffering because these attachments create habitual patterns of physical desires.

Dr. Laurel, spoke to everyone about SIR / Intuitive Reports and she reminded all that the June third weekend will present the Conference for the Society of Intuitive Research. She also pointed out the benefits of transcribing and the changes one experiences in the state of consciousness. The knowledge you receive in any report raises the content of your consciousness.

Brian Kraichely spoke to congratulate us about the progress the branches are making raising funds for the Solar Panels we want to purchase and install at the college. Our goal is \$15,000. and we have collected \$7,500 to date. He also announced the college needs \$300 in donations for the Aquaponics experiment in growing vegetables indoors. He suggested, if you need ideas of how to raise funds in your schools, speak to Sandy Leitner with the Palatine Branch about their latest successes.

Larry Hudson and Dr. Sheila Benjamin spoke about the School of Metaphysics taking 35 Spiritual Leaders to the Parliament of World’s Religions 2015 Conference. Salt Lake City will be blessed October 15th - 19th with Delegates that will be speaking and providing the Invitation. Larry reminded us that our donations to this fund will aid them to travel freely.

Obviously, the weekend was chalked full of experiential learning. This teachers meeting we were not only engaged in receptive and expectant listening but were alive in immersive and interactive learning. This created space for fresh direct experience and FUN which we can now share with our branches through communication and energetic transference. The School of Metaphysics is evolving through the year of the Holy Spirit, cooperating with this as it moves through us. We are looking forward to National Dream Hotline® and Dr. Damians’ visits to each branch as activity and form for this movement. •



Psi-Counseling Class

by Karen Mosby



The focus this month for the psi-counseling student has been learning the difference between teaching and counseling. This is important because the function of the mind is different. In teaching, the teacher directs the energy of the class by focusing on the lesson material, listening to the experiences of the student and then explaining and teaching the universals contained in the lesson material. The attention of the teacher is on the group.

In counseling the client is the center of focus. The counselor listens with open mind to what the client says and clarifies and then reflects back to the client what they have heard and felt. The psi-counseling students are learning the importance of self counsel. Many times things are said in sessions that can

trigger reactions in the counselor. The counselor must know how to neutralize their reactions or put them aside until later so they can be a clear receiving channel. Self counsel allows the counselor to come to terms with unresolved issues in their own lives so they can be completely present for their clients.

The practice sessions the students are having is helping them to experience both sides of counseling, that of giving counsel and of receiving it. The class is really excited to share their experiences and frustrations with their practice sessions. Dr. Barbara relates what the students have learned in the first three cycles of School of Metaphysics lessons with the skills they are now putting into practice through counseling.

Good counselors have a strong sense of self so they know what is their stuff and what is their clients so they don't need to take on the emotions of their clients. Dr. Barbara is teaching the students how to stay grounded in their core, their true essence, through interactions with giving and receiving energy in nature and through many types of breathing exercises.

Breath is a powerful way to cause healing and grounding. When the counselor reacts to what is being said or becomes distracted during a session she/he can quickly regain focus through the breath. Breathing with the client helps the counselor to become one with the client, allowing the counselor to receive the client without getting caught up in the emotions and turmoil. Dr. Barbara continually showed students how to go beyond the polarities of being right or wrong with their practices, to witnessing what they are experiencing so they can evolve their thinking. There is a need to suspend personal judgement and observe.

The students experienced a Taraka Yoga movement centered about the dreams they have been incubating for the last 6 months. Students evaluated their dreams about how psi-counseling can change their consciousness. There were many realization as students received the inner guidance from their dreams. They are recognizing that the greatest thing they have to offer their clients is their attention. Learning to identify their thoughts and attitudes about counseling is allowing them to move to new places of strength and confidence within themselves. I. •





INTERFAITH COMMUNITY

Coming in June to the weekly
Spiritual Gatherings on Sunday evening!

Accessing Your Super-Conscious Healing Power with Pranic DNA Transfiguration

Accessing Your Super-Conscious Healing Power course will begin the summer on June 7th. This is part of the ongoing development of the Psi-Counseling program which includes the work we have been doing with the DNA Transfiguration during the Healing Services Sundays.

Recently many students and teachers have been asking for the next class. So now is the time to sign up and let your teacher and director know of your interest. This class is the first step students take to become Psi Counselors. It aids individuals to understand the connection between their thoughts and their health with practical experiences illuminating the belief systems ruling their behavior now.

Because of the experience and wisdom of the Psi-Counseling students we are now able to offer this course to the public. This means Psi-Counseling students will be teaching this course to students and interested people in your communities during the Spiritual Gatherings Sunday evenings.

When: Sunday, June 7 (will continue through the summer)

Where: Spiritual Gatherings in SOM branches

Time: 6-7 pm

Suggested contribution: Public - \$80

SOM students - \$45

Talk to your teacher and/or director to register. If you are interested in the psi-counseling program talk with the Psi-Counseling student in your school and ask to assist during the classes. •

The use of exercises, expert opinion, and the 'body graph' to 'see' diseases of our self and our parents stimulates a deeper recognition of cause. It is this emphasis that awakened me not only to how I am affecting my health; I am now more cognizant of how my thoughts have and continue to affect my children." - Mavis Renee Curry, Indianapolis ID

Thank you for this opportunity to learn more about healing. The first lesson already strengthened our healing class time at 7:30.

-Verna Hopkins, Maplewood

"It was really interesting to learn about NLP-Neuro-linguistic programing and how the five physical senses, my patterns of thinking, affect my neurological system, my emotions and my behavior. I really enjoyed the exercise when I used an anchor (snapping my fingers) to get into a more confident state and I now use this before making cold calls for work."

- Sandy Leitner, Chicago, IL.

Rashard Garrett, Dallas, TX

"Doing the 'backwards walking' exercise gave me the opportunity to put my trust in someone, and work with someone to achieve a goal. To successfully do that we had to put any fear of falling to the side, block out distractions and truly concentrate on listening to our partner's instructions."

"Where I felt I made the most progress was with the introduction of the Pranic DNA Transfiguration. I have seen a dramatic reduction in the frequency, intensity, and duration of the cluster headaches I have experienced since I was a teenager."

- Katrina Parsley, Urbana, IL

Planting seeds



by Charlotte Crabaugh

April is the month that we go from believing to knowing. We start out believing that spring is really coming. Before the month is finished we know that it is truly here. Every day the world morphs into a different planet. Here at the College in the Ozarks hills we watch as every day the budding leaves transform the hills again and again. Now it is yellow, now yellow-green, now pale green, now darker, each day a new landscape. The nature of the physical presents itself with rapid certainty.

As I write I am sitting with my back resting against the north wall of our Peace Dome. Our year old steers, Cosmo and Star are grazing nearby. I see the yellow-green of the hills and the fragrant blooms on the fruit trees in the orchard. It is a feast of sound, as well, with myriad birds trilling and singing, roosters in the barnyard, buzzing insects, the matter-of-fact conversation of ducks.

Silvia and I, Charlotte, are finishing the second cycle of lessons. With the guidance of our teacher, Tad Messenger, we have written articles that Tad is helping us in the process of getting published in online publications or a newspaper. I have had the opportunity to complete the required auditing of other second cycle classes by traveling to Maplewood for Debbie Hudson's class and to Springfield for Christine Spretnjak's class. This was very helpful for me even though I have experienced three teachers during my time in second cycle. Some of the lessons I listened in on were a welcome reminder of content I had not thought about for awhile. I also received some insights on lessons and exercises I had missed before.

Karen Mosby is guiding me in learning the new responsibilities I will accept as I prepare to become a graduate teacher at the College. I have begun to prepare some simple meals alone when it is only my classmates and teachers present. It gives me a wonderful sense of accomplishment and pride to serve a meal to my SOM family.

At the recent National Teachers Meeting our dream class developed a humorous skit to illustrate the way we have been changing in our approach to dream interpretation with Matt's insightful teaching. The skit featured a character named 'Sydnia' and 'Doug's Mind'. It was a hit.

Every morning we read a new Healing Truth from Dr. Daniel's book of that name. Sydney reads, "All learning occurs through receiving. It is the power of the receptive quality." She hands it to the person next to her, who reads the words and hands it to the person next to him, who reads. I intend to say it 100 times today and remember. The garden is receptive; it receives the seeds, grows, and produces.

Doug has ‘fluffed up’ the garden soil with the giant tiller. Tim has been instrumental in getting stakes pounded at each end of neat rows. We have planted several varieties and rows of potatoes, greens, carrots, beets and new berry bushes. The milk is pouring in at eight or ten gallons a day, keeping three cheese makers, Silvia, Sydney and Charlotte quite busy.

The planting begins as we each take the packages of seeds that Dr. Daniel hands us – spinach, kale, chard, carrots, parsley, beets and more. We sprinkle them as directed in neat, straight rows with fertilizer - but not too much; covered with soil - but not too much. Each evening after dinner we will come and lovingly water the young seedlings and watch the miracle of life, no less marvelous than the miracle of new thoughts, ideals and consciousness growing within each of us.

Attention!

by Silvia Galvan

Attention is your most precious commodity. Have you read that somewhere? I am learning to expand my attention in more ways than ever at the College of Metaphysics. From classes, coordinating intuitive reports, cheese and butter making, teaching a correspondence student and supporting the creation of the new YouTube series “The Prolific Dreamer,” I have discovered the importance of undivided attention and living in the present moment. These are Dr. Daniel’s most influential teachings every morning before garden class. As I learn to hold more in my consciousness, I am discovering how my choices have impacted me and others. Every decision brings experience in understanding that the honing of my attention can connect me to the infinite possibilities of creation. When I choose to have my attention in the present moment I can hold more in my consciousness for later recall and use. When my attention is scattered, my choices are based upon false experiences and misunderstanding. As a college student, I have a deeper awareness that to live in the present moment is to have your full undivided attention in every activity. •



April 24th - 26th -- 27th Annual National Dream Hotline®

May 15th - 17th -- All Student Weekend

May 29th - 31st -- Vision Quest

June 5th - 9th -- IASD in West Virginia



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